

The National Survey of Children's Health

Overweight and Physical Activity Among Children:
A Portrait of States and the Nation 2005



North Carolina

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	19.3
Age 10-11	21.9	20.5
Age 12-14	14.4	23.4
Age 15-17	10.7	13.5
0-99% Federal poverty level	22.4	29.9
100-199% Federal poverty level	19.0	28.3
200-399% Federal poverty level	13.7	16.7
400% Federal poverty level or more	9.1	8.0
Male	18.1	21.6
Female	11.5	17.0
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	74.4
Age 10-11	78.2	85.3
Age 12-14	74.2	75.5
Age 15-17	63.3	64.6
Male	76.8	79.1
Female	65.6	69.6
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	54.3
Age 10-11	61.5	54.4
Age 12-14	61.6	53.0
Age 15-17	53.4	55.7
Male	62.1	59.7
Female	55.0	48.8
Percent of children with at least one parent who exercises regularly	72.9	73.2